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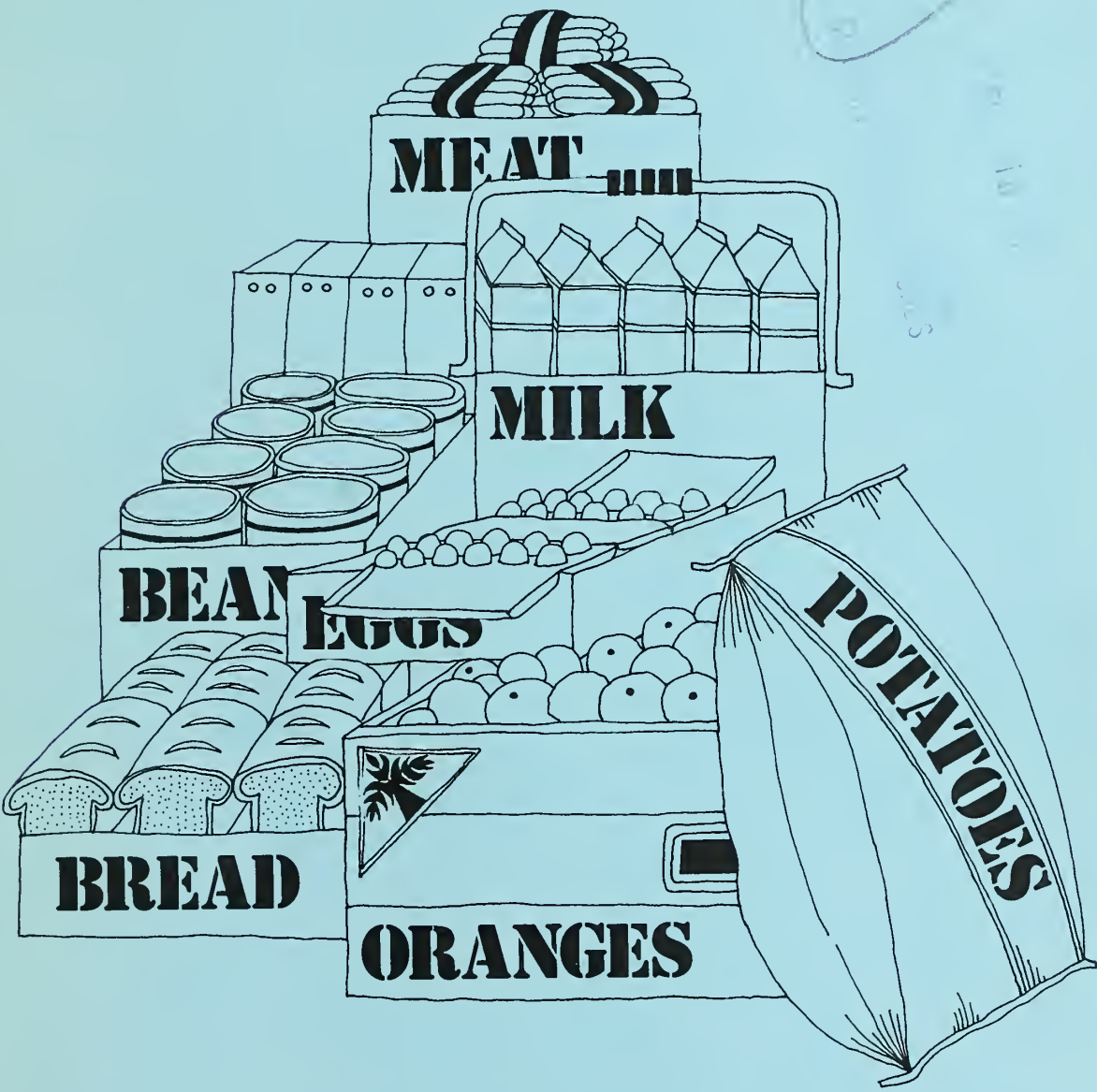


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# Food buying guide for child care centers

full



The Child Care Program is open to all eligible children regardless of race, color, or national origin.

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# Contents

- 2 Meal patterns for children in child care programs
- 3 Description of food components
  - 3 Breads and cereals
  - 4 Meat and meat alternates
  - 4 Milk
  - 4 Vegetables and fruits
- 5 How to use the buying guide to estimate amounts of food needed
- 6 Common can and jar sizes
- 7 Guide for substituting one can size for another
- 7 How to estimate number of cans to buy from pound data in buying guide
- 8 Changing ounces to pounds
- 8 Abbreviations and symbols and equivalent common food measures
- 9 Explanation of tables

# MEAL PATTERNS FOR CHILDREN IN CHILD CARE PROGRAMS

The Child Care Food Program gives Federal aid to child care centers and family and group day care homes. The goal of the program is to improve the diets of children by providing them with nutritious, well-balanced meals. This publication is intended to assist large centers with the purchase and preparation of the correct quantities of food. It contains meal patterns, food components, can and jar sizes, and food yields. The following meal patterns contain the minimum food components which must be served in order to be reimbursed by USDA.

Food Components	Children 1 up to 3 years	Children 3 up to 6 years	Children 6 up to 12 years <sup>9</sup>
<b>BREAKFAST</b>			
Milk, fluid <sup>1</sup>	½ cup	¾ cup	1 cup
Juice or fruit or vegetable	¼ cup	½ cup	½ cup
Bread and/or cereal, enriched or whole grain: <sup>2</sup>			
Bread	½ slice	½ slice	1 slice
Cereal:			
Cold dry	¼ cup <sup>3</sup>	⅓ cup <sup>4</sup>	¾ cup <sup>5</sup>
Hot cooked	¼ cup	¼ cup	½ cup
<b>MID-MORNING OR MID-AFTERNOON SUPPLEMENT (Snack)</b>			
(Select 2 of these 4 components)			
Milk, fluid <sup>1</sup>	½ cup	½ cup	1 cup
Meat or meat alternate	½ ounce	½ ounce	1 ounce
Juice or fruit or vegetable	½ cup	½ cup	¾ cup
Bread and/or cereal, enriched or whole grain: <sup>2</sup>			
Bread	½ slice	½ slice	1 slice
Cereal:			
Cold dry	¼ cup <sup>3</sup>	⅓ cup <sup>4</sup>	¾ cup <sup>5</sup>
Hot cooked	¼ cup	¼ cup	½ cup
<b>LUNCH OR SUPPER</b>			
Milk, fluid <sup>1</sup>	½ cup	¾ cup	1 cup
Meat or meat alternate: <sup>6</sup>			
Meat, poultry, or fish, cooked <sup>7</sup>	1½ ounce	1 ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces
Egg	1	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter	2 tablespoons	3 tablespoons	4 tablespoons
Vegetable and/or fruit <sup>8</sup>	¼ cup	½ cup	¾ cup
Bread, enriched or whole grain <sup>2</sup>	½ slice	½ slice	1 slice

<sup>1</sup> Includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State and local standards.

<sup>2</sup> Or an equivalent serving of an acceptable bread product made of enriched or whole grain meal or flour, or enriched or whole grain rice or pasta. See listing in FNS-64, A Planning Guide for Food Service in Child Care Centers, for serving sizes of acceptable bread/bread alternates.

<sup>3</sup> ¼ cup (volume) or ⅓ ounce (weight), whichever is less.

<sup>4</sup> ⅓ cup (volume) or ½ ounce (weight), whichever is less.

<sup>5</sup> ¾ cup (volume) or 1 ounce (weight), whichever is less.

<sup>6</sup> Or an equivalent quantity of any combination of foods listed under Meat or Meat Alternates.

<sup>7</sup> Cooked lean meat without bone.

<sup>8</sup> Must include at least two kinds.

<sup>9</sup> Children 6 to 9 years may be served lesser quantities of these foods (except bread and milk); and children 12 years and older may need larger quantities of these foods.



# DESCRIPTION OF FOOD COMPONENTS

## BREADS AND CEREALS

All breads, including cornbread, biscuits, rolls and muffins, must be enriched or made of whole-grain or enriched flour or meal to meet the bread requirement of the Child Care Food Program. Bread must be served at lunch and supper, and may be served at breakfast and for mid-morning and mid-afternoon supplements (snacks).

The size and shape of loaves and the thickness and number of slices per loaf vary among bakers and localities. Breads, such as French and Vienna, differ in length and width; therefore, the number of slices per loaf could not be determined. A serving of such breads should be comparable in amount to regular sliced bread.

Enriched or whole-grain cereal may be served at breakfast alone or in combination with bread to meet the cereal/bread requirement. Cereal may also be served as a mid-morning or mid-afternoon supplement (snack), but it cannot be used in place of bread at lunch or supper.

Cookies made of enriched or whole-grain meal or flour may be served for mid-morning or mid-afternoon supplements (snacks) but may not be served in place of bread at breakfast, lunch, or supper. It is recommended that cookies be served as a snack no more than twice a week. Choose a type of cookie which may be served in reasonable numbers to meet the minimum requirements of 18 grams for children under 6 years and 35 grams for children over 6 years. Whole grain or enriched meal or flour should be the predominant ingredient as specified on the label or according to the recipe.

Acceptable "formulated grain-fruit products" meeting FNS alternate food regulations may be used at breakfast or for a mid-morning or mid-afternoon snack. These products are intended for use where kitchen facilities are not available for preparing and serving the regular breakfast or snack menus. They must meet USDA specifications.

Enriched pasta products, enriched or whole-grain rice, corn grits, or bulgur may also be counted towards meeting the bread/cereal requirement. One-fourth cup of these products meets the bread/bread alternate requirement for children under 6 years.

## MEAT AND MEAT ALTERNATES

One or more of the following foods must be served as the main dish at lunch or supper: cooked meat, poultry, fish; cheese; egg; cooked dry beans or peas; and peanut butter. When cooked dry beans, lentils, or peas are counted as part of the meat alternate requirement, they cannot be counted toward meeting the vegetable/fruit requirement as well.

A serving of cooked meat is defined as lean meat without bone. A serving of cooked chicken or turkey includes meat and skin as normally served unless otherwise indicated.

The amounts to buy of commercially prepared combination chicken, meat, or turkey food products are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal meat and poultry inspection. A serving of these products, as shown in column 2 of this guide, will provide at least an ounce of cooked meat or poultry.

One ounce (dry weight) of enriched macaroni products with fortified protein may be counted as meeting 50 percent of the meat/meat alternate requirement only when served with cheese, meat, poultry, or seafood. These products may meet either the meat/meat alternate or bread/bread alternate requirement but not both in the same meal. Textured vegetable protein products may be counted towards meeting part (30 percent) of the meat/meat alternate requirement when combined with 1½ parts of water and served in combination with meat, poultry, or seafood. Cheese alternate products may be used in combination with at least an equal amount of natural or processed cheese in a heated or cooked menu item. Enriched macaroni products with fortified protein, textured vegetable protein products, and cheese alternate products must meet USDA specifications. For detailed information and assistance on the proper use of these three products, contact your Food and Nutrition Service Regional Office or State agency.

## MILK

Specified amounts of milk must be served as a beverage at lunch or supper and as a beverage or with cereal at breakfast to meet the milk requirement. Milk may also be served at the mid-morning or mid-afternoon supplement (snack). Milk means fluid types of whole, lowfat, skim or cultured buttermilk, flavored or unflavored, which meet State and local standards. Fluid, evaporated, or dry milk used in preparation of soups, puddings, baked products, and other foods may *not* be counted as meeting the milk requirement. Such foods *do* add to the total milk intake of children, however, and are encouraged.

## VEGETABLES AND FRUITS

A serving of cooked vegetable is drained vegetable as usually served. A serving of cooked fruit consists of fruit and juice; when sugar is added, it is indicated in the description of serving of cooked fruit. A serving of thawed frozen fruit is fruit and the juice that accumulated during thawing. A serving (¼ cup or more) of single strength vegetable or fruit juice may be counted towards meeting no more than ¼ cup of the vegetable or fruit requirement.

All vegetables and fruits in the guide contribute to the vegetable/fruit requirement with the exception of the following: catsup, chili sauce, jams, jellies, preserves, prepared mustard, pickle relish, and potato chips and sticks.



# HOW TO USE THE BUYING GUIDE TO ESTIMATE AMOUNTS OF FOOD NEEDED

The buying guide (pages 10 to 43) shows the number of purchase units needed for 25 or 50 servings (column 4 or 5). Use one of the methods on this page to find the number of purchase units needed for other numbers of servings.

## METHOD 1

In the table below, find the number of servings needed. If the exact number is not shown, use the next higher number in the table. The number in the next column is the *amount-to-buy* factor. Multiply the *amount-to-buy* factor by the number of purchase units for 50 servings (column 5 in the buying guide). This is the number of purchase units needed.

Number of servings	Amount-to-buy factor	Number of servings	Amount-to-buy factor
5	0.1	55	1.1
10	.2	60	1.2
15	.3	65	1.3
20	.4	70	1.4
25	.5	75	1.5
30	.6	80	1.6
35	.7	85	1.7
40	.8	90	1.8
45	.9	95	1.9
50	1.0	100*	2.0

\*To find the amount-to-buy factor for more than 100 servings, add the necessary factors. For example, the factor for 135 servings is 2.7 or 2.0 plus 0.7.

*Example:* For 35 servings, the amount-to-buy factor is 0.7. The number of purchase units for 50 servings ( $\frac{1}{4}$  cup each) of applesauce (page 10) is 3.9 cans (29 oz each). Therefore, 0.7 times 3.9 equals 2.73 or about  $2\frac{3}{4}$  cans are needed for 35 servings.

## METHOD 2

Multiply the number of servings by the number of purchase units for 50 servings (column 5). Then divide the answer by 50 to get the number of purchase units needed.

*Example:* For 35 servings of applesauce ( $\frac{1}{4}$  cup each), 35 times 3.9 cans equals 136.5. Then divide 136.5 by 50 to get 2.73. Therefore, about  $2\frac{3}{4}$  cans (29 oz each) of applesauce are needed for 35 servings.

# COMMON CAN AND JAR SIZES

Can size (industry term)	Average net weight or fluid measure per can (see note)	Average cups per can	Cans per case	Principal products
No. 10	96 oz (6 lb) to 117 oz (7 lb 5 oz)	Number 12 to 13	Number 6	Fruits, vegetables, some other foods
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 14 fl oz)	5¾	12	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices
No. 2½	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz)	3½	24	Fruits, some vegetables
No. 2 Cyl	24 fl oz	3	24	Juices, soups
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	2½	24	Juices, ready-to- serve soups, some fruits
No. 303	16 oz (1 lb) to 17 oz (1 lb 1 oz)	2	24 or 36	Fruits and vegetables, some meat and poultry products, ready-to-serve soups
No. 300	14 oz to 16 oz (1 lb)	1¾	24	Some fruits and meat products
No. 2 vacuum	12 oz	1½	24	Principally for vacuum pack corn
No. 1 picnic	10½ oz to 12 oz	1¼	48	Condensed soups, fruits, vegetables, meat, fish
8 oz	8 oz	1	48 or 72	Ready-to-serve soups, fruits, vegetables

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 can contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce.

## GUIDE FOR SUBSTITUTING ONE CAN SIZE FOR ANOTHER

Can size (industry term)	Average weight or fluid measure per can	No. 10	No. 3 Cyl	No. 2½	No. 2	No. 303
No. 10	96 to 117 oz	1.0	2.2	3.7	5.4	6.5
No. 3 Cyl	51 oz or 46 fl oz	.5	1.0	1.8	2.6	3.1
No. 2½	26 to 30 oz	.3	.6	1.0	1.5	1.8
No. 2	20 oz or 18 fl oz	.2	.4	.7	1.0	1.3
No. 303	16 to 17 oz	.16	.4	.6	.9	1.0

In place of one No. 3 Cyl (column 1), use 0.5 No. 10 can, 1.8 No. 2½ cans, 2.6 No. 2 cans, or 3.1 No. 303 cans.

## HOW TO ESTIMATE NUMBER OF CANS TO BUY FROM POUND DATA IN BUYING GUIDE

Use number of pounds of canned food (pages 10 to 43) and number of No. 303 cans interchangeably. Use the above table to estimate the number of other size cans to buy. NOTE: The number of cans estimated by this method may not always be the same as the information in the buying guide because the data in both tables have been rounded.

*Example:* For 50 servings of canned apples (page 10), 6.0 pounds (or 6 No. 303 cans) are needed, or 0.96 No. 10 cans (6.0 pounds times 0.16 equals 0.96 cans), or 3.6 No. 2½ cans (6 pounds times 0.6 equals 3.6).

## CHANGING OUNCES TO POUNDS

1 ounce . . . . 0.06 or 1/16 pound	13 ounces . . . . .81 or 13/16 pound
2 ounces . . . . .12 or 1/8 pound	14 ounces . . . . .88 or 7/8 pound
3 ounces . . . . .19 or 3/16 pound	15 ounces . . . . .94 or 15/16 pound
4 ounces . . . . .25 or 1/4 pound	16 ounces . . . . 1.00 or 1 pound
5 ounces . . . . .31 or 5/16 pound	32 ounces . . . . 2.00 or 2 pounds
6 ounces . . . . .38 or 3/8 pound	48 ounces . . . . 3.00 or 3 pounds
7 ounces . . . . .44 or 7/16 pound	64 ounces . . . . 4.00 or 4 pounds
8 ounces . . . . .50 or 1/2 pound	80 ounces . . . . 5.00 or 5 pounds
9 ounces . . . . .56 or 9/16 pound	96 ounces . . . . 6.00 or 6 pounds
10 ounces . . . . .62 or 5/8 pound	112 ounces . . . . 7.00 or 7 pounds
11 ounces . . . . .69 or 11/16 pound	128 ounces . . . . 8.00 or 8 pounds
12 ounces . . . . .75 or 3/4 pound	144 ounces . . . . 9.00 or 9 pounds

## ABBREVIATIONS AND SYMBOLS

tsp . . . . .	teaspoon
Tbsp . . . . .	tablespoon
pt . . . . .	pint
qt . . . . .	quart
gal . . . . .	gallon
oz . . . . .	ounce
fl oz . . . . .	fluid ounce
lb . . . . .	pound
wt . . . . .	weight
No. . . . .	number
Cyl . . . . .	Cylinder
pkg . . . . .	package
°F . . . . .	degrees Fahrenheit
× . . . . .	multiply
÷ . . . . .	divide

## EQUIVALENT COMMON FOOD MEASURES

1 tablespoon . . . . .	3 teaspoons
1 fluid ounce . . . . .	2 tablespoons
1/8 cup . . . . .	2 tablespoons
1/4 cup . . . . .	4 tablespoons
1/3 cup . . . . .	5 1/3 tablespoons
1/2 cup . . . . .	8 tablespoons
2/3 cup . . . . .	10 2/3 tablespoons
3/4 cup . . . . .	12 tablespoons
1 cup . . . . .	16 tablespoons
1 cup . . . . .	1/2 pint
1 pint . . . . .	2 cups
1 quart . . . . .	2 pints
1 gallon . . . . .	4 quarts
1 peck . . . . .	8 quarts
1 bushel . . . . .	4 pecks



## EXPLANATION OF TABLES

This Food Buying Guide provides information for determining the amounts of food to buy to meet the meal patterns of pre-school children in child care centers under the Child Care Food Program.

Amounts to buy of individual foods are averages. Variations in the yields of meat and poultry may be due to type, age, fatness, and weight of animal; and method, time, and temperature of cooking. Variety, season, size, and ripeness as well as preparation and cooking time influence yields of vegetables and fruits.

### **Column 1—Food as purchased**

Foods are listed alphabetically according to the form in which they are obtained on the market—canned, dried (dehydrated), fresh, or frozen. Preparation of food by the processor is also given, such as sliced, boned, or shelled.

Items defined as special purchase are USDA-donated foods that are not normally available on the market.

### **Column 2—Size and description of serving**

Size of serving is given as a weight, measure, or number of pieces or slices. The approximate yield in measure or weight given in parentheses also indicates the crediting toward the meal for foods such as raw apple, half-strength juice, and cooked chicken. Descriptions include preparation procedures used in child care center kitchens, such as diced, shredded, or cooked.

### **Column 3—Purchase unit**

The purchase unit is a pound for most foods. A common can or package size is also given for many processed foods. Data on the one-pound unit can be used to estimate amounts of other purchase units.

### **Columns 4 and 5—Purchase units of food to buy for 25 or 50 servings**

The number of pounds, cans, packages, or other units to buy for preparing 25 or 50 servings of the size described in column 2 is shown. The figures in column 5 are not always double those in column 4 because the data in the two columns were determined separately and then rounded to one decimal. To determine amounts to buy for other numbers of servings, see page 8.

“Food Buying Guide for Type A School Lunches” PA-270, might be more helpful in determining amounts to serve 100 or more children.

# FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>APPLES</b>				
Canned ..... (slices, solid pack)	1/4 cup fruit .....	No. 10 Can ..... (96 oz)	0.5	1.0
		No. 2 1/2 can ..... (26 oz)	1.9	3.7
		Pound .....	3.0	6.0
Fresh .....	1/2 small raw apple ..... (about 1/4 cup) 1/4 cup raw diced ..... 1/4 cup cooked sliced .....	Pound .....	3.2	6.3
		Pound .....	2.2	4.4
		Pound .....	4.0	8.0
APPLESAUCE, Canned .....	1/4 cup fruit .....	No. 10 can ..... (108 oz)	0.6	1.1
		No. 2 1/2 can ..... (29 oz)	2.0	3.9
		Pound .....	3.6	7.1
<b>APRICOTS</b>				
Canned ..... (halves, unpeeled or whole, peeled)	1/4 cup fruit and juice .....	No. 10 can ..... (108 oz)	0.6	1.1
		No. 2 1/2 can ..... (30 oz)	1.9	3.8
		Pound .....	3.6	7.2
Dried ..... (halves)	1/4 cup cooked, sugar added ..	Pound .....	1.0	2.0



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>APRICOTS—Continued</b>				
Fresh .....	1 medium raw .....	Pound .....	2.1	4.2
	(about 1/4 cup)			
	1/4 cup raw halves .....	Pound .....	2.3	4.6
<b>ASPARAGUS</b>				
Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.7	1.4
(cuts and tips)		(103 oz)		
		Pound .....	4.3	8.5
Frozen .....	1/4 cup cooked .....	2 1/2-lb pkg .....	1.3	2.5
(cuts and tips)		Pound .....	3.1	6.2
<b>BANANAS</b>				
Canned .....	1/4 cup fruit .....	No. 10 can .....	0.5	1.0
(mashed)		(116 oz)		
		Pound .....	3.6	7.1
Fresh .....	1/2 small banana .....	Pound .....	4.2	8.4
	(1/4 cup)			
	1/4 cup raw sliced .....	Pound .....	3.1	6.2
<b>BEANS, DRY</b>				
Canned				
Beans .....	1/4 cup beans .....	Pound .....	3.6	7.2
(baked or in sauce)				
Beans with bacon in sauce ...	3/8 cup serving .....	Pound .....	5.3	10.6
	(about 1/4 cup beans)			
Beans with frankfurters	1/3 cup serving .....	Pound .....	4.7	9.4
in sauce.	(equivalent to about 1 oz meat)			

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>BEANS, DRY—Continued</b>				
Canned—Continued				
Blackeye, kidney, red, or white.	1/4 cup beans .....	No. 3 Cyl (51 oz)	1.2	2.3
(in brine)		Pound .....	3.6	7.1
Lima .....	1/4 cup beans .....	Pound .....	3.5	6.9
(in brine)				
Dry				
Blackeye beans or peas .....	1/4 cup cooked beans .....	Pound .....	1.5	3.0
Great Northern .....	1/4 cup cooked beans .....	Pound .....	1.1	2.2
Kidney .....	1/4 cup cooked beans .....	Pound .....	1.2	2.3
Lima .....	1/4 cup cooked beans .....	Pound .....	1.1	2.2
(large or small)				
Navy, pea .....	1/4 cup cooked beans .....	Pound .....	1.2	2.4
Pinto .....	1/4 cup cooked beans .....	Pound .....	1.1	2.1
Small white .....	1/4 cup cooked beans .....	Pound .....	1.3	2.6
<b>BEANS, GREEN OR WAX</b>				
Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.5	1.0
		(101 oz)		
		No. 2 1/2 can .....	1.9	3.8
		(28 oz)		
		Pound .....	3.1	6.2
Frozen .....	1/4 cup vegetable .....	2 1/2-lb pkg .....	0.8	1.6
		Pound .....	2.0	4.0

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>BEANS, LIMA</b>				
Canned ..... (green)	1/4 cup vegetable .....	No. 10 can ..... (105 oz) Pound .....	0.6	1.1
Frozen ..... (Fordhook)	1/4 cup vegetable .....	2 1/2-lb pkg ..... Pound .....	3.5	6.9
<b>BEAN SPROUTS, Canned</b> .....	1/4 cup vegetable .....	No. 10 can ..... (104 oz) Pound .....	0.9 2.3	1.8 4.5
<b>BEEF</b>				
Canned or Frozen				
Beef hash .....	1/3 cup serving ..... (about 1 oz meat and 1/8 cup vegetable)	Pound .....	4.7	9.4
Beef stew .....	3/4 cup serving ..... (about 1 oz meat and 1/4 cup vegetable)	Pound .....	10.6	21.1
Beef with barbecue sauce ...	1/3 cup serving ..... (about 1 1/2 oz meat)	Pound .....	4.7	9.4
Beef with natural juices ..... (special purchase)	1 1/2 ounces meat .....	No. 2 1/2 can ..... (29 oz) Pound .....	1.9	3.8
	1 ounce .....	No. 2 1/2 can ..... (29 oz) Pound .....	3.4 1.3	6.7 2.5
Corned beef hash .....	1/3 cup serving ..... (about 1 oz meat and 1/8 cup vegetable)	Pound ..... Pound .....	2.3 4.7	4.5 9.4

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>BEEF—Continued</b>				
Dried, chipped .....	1½ ounces cooked meat ....	Pound .....	1.9	3.8
	1 ounce cooked meat .....	Pound .....	1.3	2.5
<b>Fresh or Frozen</b>				
Chuck roast .....	1½ ounces cooked meat ....	Pound .....	3.2	6.3
(without bone)	1 ounce cooked meat .....	Pound .....	2.1	4.2
Cubed steak .....	¾ steak .....	Pound .....	3.7	7.3
(preportioned, about 3.1 oz raw)	½ steak .....	Pound .....	2.5	4.9
	(about 1.2 oz cooked meat)			
<b>Ground</b>				
Market style .....	1½ ounces cooked meat ....	Pound .....	3.4	6.7
(no more than 30 percent fat)	1 ounce cooked meat .....	Pound .....	2.3	4.5
Special purchase .....	1½ ounces cooked meat ....	Pound .....	3.3	6.5
(no more than 26 percent fat)	1 ounce cooked meat .....	Pound .....	2.2	4.4
<b>Liver</b> .....	1½ ounces cooked meat ....	Pound .....	3.2	6.4
	1 ounce cooked meat .....	Pound .....	2.2	4.3
<b>Round steak</b> .....	1½ ounces cooked meat ....	Pound .....	3.1	6.2
(without bone)	1 ounce cooked meat .....	Pound .....	2.1	4.2
<b>Rump roast</b> .....	1½ ounces cooked meat ....	Pound .....	3.3	6.5
(without bone)	1 ounce cooked meat .....	Pound .....	2.2	4.3
<b>Shortribs</b> .....	1½ ounces cooked meat ....	Pound .....	9.4	18.8
	1 ounce cooked meat .....	Pound .....	6.3	12.5
<b>Stew meat</b> .....	1½ ounces cooked meat ....	Pound .....	3.6	7.1
	1 ounce cooked meat .....	Pound .....	2.4	4.8

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>BEETS, Canned</b>				
Sliced or shoestring .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.2
		(104 oz) Pound .....	3.6	7.2
<b>Whole baby .....</b>	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(104 oz) Pound .....	3.4	6.7
<b>BLACKEYE PEAS, Canned ....</b>	1/4 cup vegetable .....	No. 10 can .....	0.7	1.4
(green)		(104 oz) Pound .....	4.1	8.2
<b>BLUEBERRIES</b>				
Canned .....	1/4 cup fruit and juice .....	No. 10 can .....	0.6	1.1
		(105 oz) Pound .....	3.5	6.9
<b>Fresh .....</b>	1/4 cup raw berries .....	Pint .....	2.4	4.7
		(14 1/2 oz)		
<b>BREAD .....</b>	1/2 slice .....	1-lb loaf .....	0.8	1.6
(raisin, rye, white, wheat)				
<b>BROCCOLI, Frozen</b>				
Spears .....	1/4 cup cooked spears .....	2-lb pkg .....	1.5	2.9
	(about 1 medium)	Pound .....	2.9	5.8
<b>Cut or chopped .....</b>	1/4 cup cooked .....	2 1/2-lb pkg .....	1.2	2.4
		Pound .....	2.9	5.8



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>BRUSSELS SPROUTS, Frozen . .</b>	1/4 cup cooked . . . . .	2 1/2-lb pkg . . . . .	0.9	1.8
		Pound . . . . .	2.2	4.3
<b>BULGUR, CRACKED WHEAT .</b> (special purchase)	1/4 cup cooked . . . . .	Pound . . . . .	0.7	1.4
<b>BUNS . . . . .</b>	1 bun . . . . .	Dozen . . . . .	2.1	4.2
<b>BUTTER . . . . .</b>	1/2 teaspoon . . . . .	Pound . . . . .	0.2	0.3
<b>CABBAGE, Fresh</b>	1/4 cup raw pieces . . . . .	Pound . . . . .	1.2	2.4
Celery or Chinese . . . . .	1/4 cup raw shredded for slaw .	Pound . . . . .	1.9	3.9
White or red . . . . .	1/4 cup cooked shredded . . . .	Pound . . . . .	2.3	4.5
<b>CANTALOUPE, Fresh . . . . .</b>	1/4 cup cubed or diced . . . . .	Pound . . . . .	4.4	8.8
<b>CARROTS</b>				
Canned . . . . .	1/4 cup vegetable . . . . .	No. 10 can . . . . . (105 oz)	0.5	1.0
(diced or sliced)		Pound . . . . .	3.3	6.6
<b>Fresh . . . . .</b>	1/4 cup raw strips . . . . .	Pound . . . . .	2.1	4.1
	(about 6 strips 4 x 1/2 inch)			
	1/4 cup raw shredded for salad .	Pound . . . . .	2.8	5.5
	1/4 cup cooked sliced . . . . .	Pound . . . . .	3.0	5.9
<b>CATSUP, TOMATO . . . . .</b>	1 teaspoon . . . . .	16-oz bottle . . . . .	0.3	0.7



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>CAULIFLOWER</b>				
Fresh .....	1/4 cup raw flowerets .....	Pound .....	2.6	5.1
(trimmed)				
Frozen .....	1/4 cup cooked .....	2-lb pkg .....	1.4	2.7
		Pound .....	2.7	5.3
<b>CELERY, Fresh</b> .....	1/4 cup raw sticks or strips ...	Pound .....	2.3	4.5
(untrimmed)	(about 4 sticks 4 x 1/2 inch)			
<b>CHEESE</b>				
American, Cheddar (natural or	1 1/2 ounces cheese .....	Pound .....	2.4	4.7
process), Mozzarella, Swiss	1 ounce cheese .....	Pound .....	1.6	3.2
(natural or process)				
Cottage .....	1 1/2 ounces .....	Pound .....	2.3	4.7
	(about 3 tablespoons)			
Cream .....	2 tablespoons .....	Pound .....	1.6	3.3
<b>CHEESE FOOD AND SPREAD..</b>				
(process)	3 ounce serving .....	Pound .....	4.7	9.4
	(1 1/2 oz cheese)			
	2 ounce serving .....	Pound .....	3.2	6.3
	(1 oz cheese)			
<b>CHERRIES, Canned</b> .....	1/4 cup fruit and juice .....	No. 10 can .....	0.6	1.1
(red, tart, pitted)		(103 oz)		
		Pound .....	3.4	6.8

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>CHICKEN</b>				
Canned ..... (boned)	¼ cup serving ..... (about 1.8 oz chicken meat)	Pound .....	3.6	7.1
Fresh or Frozen				
Breasts with ribs, market style. (about 12.8 oz each)	¼ breast with rib ..... (about 1.7 oz cooked chicken meat)	Pound .....	5.0	10.0
	1½ ounces cooked chicken meat.	Pound .....	4.5	8.9
	1 ounce cooked chicken meat .	Pound .....	3.0	5.9
Breasts with backs, special purchase, style II. (about 13.8 oz each)	¼ breast with back ..... (about 1.5 oz cooked chicken meat)	Pound .....	5.4	10.8
	1½ ounces cooked chicken meat.	Pound .....	5.4	10.8
	1 ounce cooked chicken meat .	Pound .....	3.6	7.2
Drumsticks ..... (about 3.3 oz each)	1 drumstick ..... (about 1.4 oz cooked chicken meat)	Pound .....	5.2	10.4
	1½ ounces cooked chicken meat.	Pound .....	5.7	11.3
	1 ounce cooked chicken meat .	Pound .....	3.8	7.6
Thighs ..... (about 3.7 oz each)	1 thigh ..... (about 1.7 oz cooked chicken meat)	Pound .....	5.8	11.6
	1½ ounces cooked chicken meat.	Pound .....	5.3	10.5
	1 ounce cooked chicken meat .	Pound .....	3.5	7.0

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>CHICKEN—Continued</b>				
Fresh or Frozen—Continued				
Whole .....				
(about 2¾ lb with neck and giblets)	1½ ounces cooked chicken meat excluding neck meat and giblets.	Pound .....	6.2	12.4
	1 ounce cooked chicken meat excluding neck meat and giblets.	Pound .....	4.2	8.3
Wings .....	1 wing .....	Pound .....	4.7	9.4
(about 3.0 oz each)	(about 1 oz cooked chicken meat)			
	1½ ounces cooked chicken meat.	Pound .....	7.2	14.4
	1 ounce cooked chicken meat .	Pound .....	4.9	9.7
<b>CHILI CON CARNE WITH BEANS, Canned .....</b>	⅓ cup serving .....	Pound .....	4.7	9.4
	(equivalent to a 1 oz serving of meat)			
<b>CHILI SAUCE .....</b>	1 tablespoon .....	Pound .....	0.9	1.8
<b>CHOPPED MEAT WITH NATURAL JUICES, Canned . .</b> (special purchase)	1½ ounces meat .....	No. 2½ can .....	1.4	2.8
		(30 oz)		
	1 ounce meat .....	Pound .....	2.7	5.3
		No. 2½ can .....	1.0	1.9
		(30 oz)		
		Pound .....	1.8	3.6

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>COCONUT, Canned, Dried, or Frozen.</b>	1 cup shredded .....	Pound .....	4.7	9.4
<b>COLLARDS, Canned .....</b>	1/4 cup vegetable .....	No. 10 can .....	0.9	1.8
		(98 oz)		
		Pound .....	5.3	10.5
<b>CORN, Canned</b>	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
Cream style .....		(106 oz)		
		Pound .....	3.6	7.1
Whole kernel .....	1/4 cup vegetable .....	Pound .....	2.9	5.8
(vacuum pack)				
<b>CORNEED BEEF HASH, see BEEF, Canned.</b>				
<b>CORNMEAL .....</b>	1/4 cup cooked .....	Pound .....	0.6	1.1
<b>CRACKERS</b>				
Graham .....	2 crackers .....	Pound .....	0.9	1.7
	(2 1/2 inches square)			
Saltines .....	4 crackers .....	Pound .....	1.0	1.8
	(2 inches square)			
Soda .....	2 crackers .....	Pound .....	0.7	1.3
	(2 1/2 inches square)			
<b>CRANBERRIES, Fresh .....</b>	1/4 cup raw chopped .....	Pound .....	1.6	3.2
	1/4 cup cooked, sugar added	Pound .....	2.0	3.9

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>CRANBERRY RELISH OR SAUCE, Canned</b> .....	1/4 cup fruit .....	No. 10 can (117 oz)	0.6	1.1
<b>CUCUMBERS, Fresh</b> .....	1/4 cup pared, diced or sliced	Pound .....	3.9	7.7
<b>DATES, Dried</b> .....	1/4 cup dry fruit .....	Pound .....	2.8	5.5
(cut or chopped)		Pound .....	2.5	4.9
<b>EGGS, Fresh</b>				
Shell eggs .....	1 egg .....	Dozen (24 oz)	2.1	4.2
(large size)				
<b>ENDIVE, CHICORY, ESCAROLE, Fresh</b> .....	1/4 cup for salad .....	Pound .....	1.7	3.3
<b>FARINA</b> .....	1/4 cup cooked .....	Pound .....	0.4	0.8
<b>FIGS, Canned</b> .....	1/4 cup fruit and juice .....	No. 10 can (110 oz)	0.6	1.1
		No. 2 1/2 can (30 oz)	1.9	3.8
		Pound .....	3.6	7.2



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>FISH, Frozen</b>				
Fillet ..... Portions	1½ ounces cooked fish .... 1 ounce cooked fish .....	Pound ..... Pound .....	3.7 2.5	7.4 4.9
(breaded) 3-oz .....	1 portion ..... (1.6 oz cooked fish)	Pound .....	4.7	9.4
2-oz .....	1 portion ..... (1.1 oz cooked fish)	Pound .....	3.2	6.3
<b>Sticks</b>				
(breaded) 1-oz stick .....	3 sticks ..... (1.5 oz cooked fish) 2 sticks ..... (1 oz cooked fish)	Pound ..... Pound .....	4.7 3.2	9.4 6.3
<b>FRANKFURTERS</b>				
(8 per pound) .....	½ frankfurter ..... (1 oz meat)	Pound .....	1.6	3.2
(10 per pound) .....	1 frankfurter ..... (1.6 oz meat)	Pound .....	2.5	5.0
<b>FRENCH DRESSING</b> .....	1 tablespoon .....	Quart .....	0.4	0.8
<b>FRUIT COCKTAIL, Canned</b> ....	¼ cup fruit and juice .....	No. 10 can ..... (108 oz) No. 2½ can ..... (30 oz) Pound .....	0.6 1.9 3.6	1.1 3.8 7.1



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
GRAHAM CRACKERS .....	2 crackers ..... (2½ inches square)	Pound .....	0.9	1.7
GRAPEFRUIT				
Canned .....	¼ cup fruit and juice .....	No. 3 Cyl ..... (50 oz)	1.2	2.3
(sections)		Pound .....	3.5	7.0
Fresh .....	¼ cup sections and juice ... (no membrane)	Pound .....	6.5	13.0
	¼ cup juice .....	Pound .....	7.3	14.5
GRAPEFRUIT AND ORANGE				
SECTIONS, Canned .....	¼ cup fruit and juice .....	No. 3 Cyl ..... (50 oz)	1.2	2.3
		Pound .....	3.5	6.9
GRAPES, SEEDLESS, Fresh ....	¼ cup raw grapes .....	Pound .....	2.4	4.7
GRITS, CORN .....	¼ cup cooked .....	Pound .....	0.6	1.1
HAM, see PORK				
HONEY .....	1 cup .....	Pound .....	18.7	37.4
(strained)	1 teaspoon .....	Pound .....	0.4	0.8
HONEYDEW MELON, Fresh ...	¼ cup cubed or diced .....	Pound .....	4.1	8.2
ICE CREAM .....	3-ounce container .....	3-oz container .....	25.0	50.0
	⅓ cup .....	1 quart .....	2.1	4.2
	(No. 12 scoop)			

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>JAMS, JELLIES, PRESERVES ..</b>	1 cup .....	32-oz jar .....	9.4	18.8
	1 teaspoon .....	32-oz jar .....	0.2	0.4
<b>JUICES, VEGETABLE AND FRUIT</b>				
<b>Canned</b>				
Single strength .....	1/2 cup juice .....	No. 3 Cyl .....	2.2	4.4
(100 percent juice)	(1/4 cup vegetable or fruit)	(46 fl oz)		
Any juice such as apple, grapefruit, lemon, orange, pineapple, tomato.	1/4 cup juice .....	No. 3 Cyl .....	1.1	2.2
	(1/4 cup vegetable or fruit)	(46 fl oz)		
	1/2 cup juice .....	No. 2 Cyl .....	4.4	8.7
	(1/4 cup vegetable or fruit)	(24 fl oz)		
	1/4 cup juice .....	No. 2 Cyl .....	2.2	4.4
	(1/4 cup vegetable or fruit)	(24 fl oz)		
	1/2 cup liquid .....	No. 3 Cyl .....	0.6	1.1
	(1/4 cup vegetable or fruit)	(46 fl oz)		
<b>Half strength .....</b>				
(50 percent juice)				
<b>Frozen</b>				
Concentrated .....	1/4 cup reconstituted juice ..	12-fl oz can .....	1.1	2.1
(1 part juice to 3 parts water)	(1/4 cup fruit)	(about 14 oz)		
Any fruit such as grape, grapefruit, orange and grapefruit, pineapple, tangerine.	1/4 cup reconstituted juice ..	6-fl oz can .....	2.1	4.2
	(1/4 cup fruit)	(about 7 oz)		

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>KALE</b>				
Canned .....	1/4 cup vegetable .....	No. 10 can (98 oz)	0.9	1.8
		No. 2 1/2 can (27 oz)	2.8	5.5
		Pound .....	5.3	10.6
Frozen .....	1/4 cup cooked .....	Pound .....	2.8	5.6
(chopped or whole leaf)				
<b>LAMB, Fresh or Frozen</b>				
Ground .....	1 1/2 ounces cooked meat ....	Pound .....	3.5	7.0
	1 ounce cooked meat .....	Pound .....	2.3	4.6
Stew meat .....	1 1/2 ounces cooked meat ....	Pound .....	3.6	7.1
	1 ounce cooked meat .....	Pound .....	2.4	4.8
<b>LEMONS, Fresh</b> .....	1/4 cup juice .....	Pound .....	7.9	15.7
<b>LENTILS, Dry</b> .....	1/4 cup cooked lentils .....	Pound .....	1.0	1.9
<b>LETTUCE, Fresh</b>				
Head .....	1/4 cup raw pieces .....	Pound .....	1.1	2.1
	1/4 cup for salad .....	Pound .....	1.6	3.1
Leaf .....	1/4 cup raw pieces .....	Pound .....	1.2	2.3
	1/4 cup for salad .....	Pound .....	1.7	3.4
Romaine .....	1/4 cup raw pieces .....	Pound .....	1.2	2.4
	1/4 cup for salad .....	Pound .....	1.8	3.6
<b>LIMES, Fresh</b> .....	1/4 cup juice .....	Pound .....	7.1	14.2

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
LIVER, see BEEF				
LUNCHEON MEATS . . . . . (excluding meat by-products, cereals, or extenders)	1½ ounces meat . . . . . 1 ounce meat . . . . .	Pound . . . . . Pound . . . . .	2.4 1.6	4.7 3.2
MACARONI, ELBOW . . . . .	¼ cup cooked . . . . .	Pound . . . . .	0.6	1.2
MACKEREL, Canned . . . . .	1½ ounces mackerel . . . . .	No. 300 can . . . . . (15 oz)	3.0	6.0
	1 ounce mackerel . . . . .	No. 300 can . . . . . (15 oz)	2.0	4.0
MARGARINE, FORTIFIED . . . .	½ teaspoon . . . . .	Pound . . . . .	0.2	0.3
MARSHMALLOWS . . . . .	2 large marshmallows . . . . .	Pound . . . . .	0.7	1.3
MAYONNAISE . . . . .	1 tablespoon . . . . .	Quart . . . . .	0.4	0.8
MILK				
Dried				
Whole . . . . .	1 cup reconstituted . . . . .	Pound . . . . .	1.8	3.6
Nonfat				
Instant . . . . .	1 cup reconstituted . . . . .	Pound . . . . .	1.4	2.8
Non-instant . . . . . (special purchase)	1 cup reconstituted . . . . .	Pound . . . . .	1.4	2.8
Evaporated . . . . .	1 cup reconstituted . . . . .	Pound . . . . .	7.2	14.3

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
MILK—Continued Fluid .....	3/4 cup .....	Gallon .....	1.2	2.4
		Quart .....	4.7	9.4
	1/2 cup .....	1/2 pint .....	18.8	37.6
		Gallon .....	0.8	1.6
		Quart .....	3.2	6.3
		1/2 pint .....	12.6	25.0
MUSHROOMS, Canned .....	1/4 cup serving .....	Pound .....	2.2	4.5
		(drained weight)		
MUSTARD GREENS, Canned ...	1/4 cup vegetable .....	No. 10 can .....	0.8	1.6
		(98 oz)		
		No. 2 1/2 can .....	2.5	4.9
		(27 oz)		
		Pound .....	4.8	9.5
MUSTARD, PREPARED .....	1 tablespoon .....	Pound .....	0.9	1.8
NECTARINES, Fresh .....	1/2 medium raw nectarine ... (about 1/4 cup)	Pound .....	3.2	6.3
NOODLES .....	1/4 cup cooked .....	Pound .....	0.8	1.5
OATS, ROLLED .....	1/4 cup cooked .....	Pound .....	0.6	1.1
OKRA, Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.7	1.4
(cut or whole)		(99 oz)		
		Pound .....	4.2	8.3
OKRA WITH TOMATOES, Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(101 oz)		
		Pound .....	3.3	6.6



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>OLIVES, Canned</b>				
Ripe whole, large size . . . . . (pitted)	1/4 cup whole . . . . .	Pound . . . . . (drained)	2.0	4.0
<b>ONIONS</b>				
Fresh				
Green . . . . .	1/4 cup raw chopped . . . . .	Pound . . . . .	2.2	4.4
Mature . . . . .	1/4 cup raw sliced . . . . .	Pound . . . . .	1.8	3.6
	1/4 cup cooked halves or pieces.	Pound . . . . .	3.3	6.5
<b>ORANGES</b>				
Canned, Mandarin . . . . .	1/4 cup fruit and juice . . . . .	Pound . . . . .	3.5	6.9
Fresh				
Size 138 (Calif., Ariz.); Size 200 (Fla., Texas).	1/2 medium . . . . . (about 1/4 cup fruit and juice)	Pound . . . . .	4.2	8.4
All sizes . . . . .	1/4 cup sections and juice . . . (with membrane)	Pound . . . . .	4.6	9.1
	1/4 cup sections and juice . . . (no membrane)	Pound . . . . .	5.2	10.4
	1/4 cup juice . . . . .	Pound . . . . .	6.9	13.7
<b>PARSLEY, Fresh</b> . . . . .	1/4 cup chopped . . . . .	Pound . . . . .	1.3	2.5



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>PEACHES</b>				
Canned . . . . . (slices)	1/4 cup fruit and juice . . . . .	No. 10 can . . . . . (108 oz)	0.6	1.1
		No. 2 1/2 can . . . . . (29 oz)	2.0	4.0
		Pound . . . . .	3.6	7.1
Dried . . . . . (halves)	1/4 cup cooked, sugar added .	Pound . . . . .	0.8	1.6
Fresh . . . . .	1/2 medium raw peach . . . . . (about 1/4 cup)	Pound . . . . .	3.2	6.3
	1/4 cup raw sliced . . . . .	Pound . . . . .	3.1	6.2
<b>PEANUT BUTTER</b> . . . . .				
	4 tablespoons . . . . . (1/4 cup)	Pound . . . . .	3.6	7.1
	2 tablespoons . . . . .	32-oz jar . . . . .	1.8	3.6
		Pound . . . . .	1.8	3.6
	1 tablespoon . . . . .	32-oz jar . . . . .	0.9	1.8
		Pound . . . . .	0.9	1.8
		32-oz jar . . . . .	0.5	0.9
<b>PEANUTS, ROASTED</b> . . . . . (shelled)	1 cup chopped nutmeats . . . . .	Pound . . . . .	8.0	15.9

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PEARS				
Canned . . . . . (slices or quarters)	1/4 cup fruit and juice . . . . .	No. 10 can . . . . . (106 oz)	0.5	1.0
		No. 2 1/2 can . . . . . (29 oz)	1.8	3.6
		Pound . . . . .	3.3	6.5
Fresh . . . . .	1/2 small raw pear . . . . . (about 1/4 cup)	Pound . . . . .	3.2	6.3
	1/4 cup raw sliced . . . . .	Pound . . . . .	3.0	6.1
PEAS AND CARROTS				
Canned . . . . .	1/4 cup vegetable . . . . .	No. 10 can . . . . . (105 oz)	0.6	1.1
		Pound . . . . .	3.5	6.9
Frozen . . . . .	1/4 cup vegetable . . . . .	Pound . . . . .	2.3	4.5
PEAS, GREEN				
Canned . . . . .	1/4 cup vegetable . . . . .	No. 10 can . . . . . (105 oz)	0.6	1.2
		Pound . . . . .	3.7	7.4
Dry				
Split . . . . .	1/4 cup cooked peas . . . . .	Pound . . . . .	1.1	2.2
Whole . . . . .	1/4 cup cooked peas . . . . .	Pound . . . . .	1.1	2.1
Frozen . . . . .	1/4 cup cooked . . . . .	Pound . . . . .	2.5	5.0

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PECANS, shelled .....	1 cup chopped nutmeats ....	Pound .....	6.5	13.0
PEPPERS, GREEN				
Fresh .....	1/4 cup raw strips .....	Pound .....	1.7	3.4
	(about 1/6 of a large pepper)			
	1/4 cup raw chopped or diced .	Pound .....	2.6	5.1
Frozen .....	1/4 cup raw .....	Pound .....	2.0	3.9
(diced)				
PEPPERS, SWEET, Canned .....	1/4 cup vegetable .....	Pound .....	4.1	8.2
(green or red, diced)				
PICKLE RELISH, SWEET .....	1 tablespoon .....	Pound .....	0.9	1.7
PICKLES, Small .....	1 pickle .....	Quart .....	1.3	2.5
PIMENTOS, Canned .....	1/4 cup vegetable .....	No. 2 1/2 can .....	2.5	5.0
(chopped, diced, or whole)		Pound .....	4.9	9.7

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>PINEAPPLE</b>				
Canned				
Chunks or tidbits .....	1/4 cup fruit and juice .....	No. 10 can ..... (107 oz)	0.6	1.1
		No. 2 1/2 can ..... (29 oz)	2.0	3.9
		Pound .....	3.6	7.1
Crushed .....	1/4 cup fruit and juice .....	No. 10 can ..... (109 oz)	0.6	1.1
		No. 2 1/2 can ..... (30 oz)	2.0	3.9
		Pound .....	3.6	7.2
Fresh .....	1/4 cup raw cubed .....	Pound .....	4.2	8.3
<b>PLUMS</b>				
Canned .....	1/4 cup fruit and juice .....	No. 10 can ..... (108 oz)	0.6	1.1
(purple, whole)		No. 2 1/2 can ..... (30 oz)	1.9	3.8
		Pound .....	3.6	7.1
Fresh .....	1 small raw plum .....	Pound .....	3.2	6.3
	(about 1/4 cup)			
	1/4 cup raw halved or sliced ..	Pound .....	2.5	5.0
	1/4 cup cooked halves, sugar added.	Pound .....	4.1	8.2

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>PORK</b>				
<b>Canned</b>				
Ham with natural juices . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	2.6	5.1
	1 ounce cooked meat . . . . .	Pound . . . . .	1.7	3.4
Pork luncheon meat . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	2.7	5.3
(special purchase)	1 ounce cooked meat . . . . .	Pound . . . . .	1.8	3.6
Pork with natural juices . . . . .	1½ ounces cooked meat . . . . .	No. 2½ can . . . . .	1.9	3.8
(special purchase)		(29 oz)		
		Pound . . . . .	3.4	6.7
	1 ounce cooked meat . . . . .	No. 2½ can . . . . .	1.3	2.5
		(29 oz)		
		Pound . . . . .	2.3	4.5
<b>Fresh or Frozen</b>				
Ground . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	3.3	6.5
(special purchase, no more than 26 percent fat)	1 ounce cooked meat . . . . .	Pound . . . . .	2.2	4.3
Sausage, bulk or link . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	4.6	9.2
	1 ounce cooked meat . . . . .	Pound . . . . .	3.1	6.2
Shoulder, picnic . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	3.7	7.4
(without bone)	1 ounce cooked meat . . . . .	Pound . . . . .	2.5	4.9
Spareribs . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	9.1	18.2
	1 ounce cooked meat . . . . .	Pound . . . . .	6.1	12.2
<b>Mild Cured</b>				
Ham . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	3.1	6.1
(without bone)	1 ounce cooked meat . . . . .	Pound . . . . .	2.1	4.1
Shoulder, picnic . . . . .	1½ ounces cooked meat . . . . .	Pound . . . . .	4.2	8.4
(with bone)	1 ounce cooked meat . . . . .	Pound . . . . .	2.8	5.6



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>POTATO CHIPS</b> .....	1/4 ounce .....	Pound .....	0.4	0.8
	(about 1/3 cup)			
	1/2 package .....	3/4-oz pkg .....	12.5	25.0
	(about 1/3 cup)			
<b>POTATO STICKS</b> .....	1/4 ounce .....	Pound .....	0.4	0.8
	(about 1/4 cup)			
<b>POTATOES, WHITE</b>				
Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
(small whole)		(102 oz)		
		No. 2 1/2 can .....	2.1	4.2
		(29 oz)		
		Pound .....	3.5	6.9
<b>Dehydrated, low moisture</b> .....	1/4 cup reconstituted .....	Pound .....	0.6	1.1
(flakes or granules)				
<b>Fresh</b> .....	1/4 cup pared cooked, diced or sliced.	Pound .....	2.7	5.3
	1/4 cup cooked mashed .....	Pound .....	3.7	7.3
<b>Frozen</b>				
French fries, regular straight cut.	1/2 cup heated .....	Pound .....	1.7	3.3
Hash browns, diced .....	1/4 cup heated .....	Pound .....	3.0	5.9
Potato rounds .....	1/4 cup heated .....	Pound .....	2.0	3.9

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>PRUNES</b>				
Canned ..... (special purchase)	1/4 cup fruit and juice .....	No. 10 can ..... (116 oz)	0.4	0.8
		Pound .....	2.8	5.5
Dried ..... (with pits)	3 medium prunes, dry ..... (about 1/4 cup cooked fruit and juice)	Pound .....	1.3	2.6
	1/4 cup cooked .....	Pound .....	1.4	2.7
	1/4 cup cooked, sugar added .	Pound .....	1.2	2.3
<b>PUMPKIN, Canned</b> .....	1/4 cup vegetable .....	No. 10 can ..... (106 oz)	0.6	1.1
		No. 2 1/2 can ..... (29 oz)	1.9	3.8
		Pound .....	3.4	6.8
<b>RADISHES, Fresh</b> ..... (without tops)	4 small radishes ..... (about 1/4 cup)	Pound .....	2.1	4.1
	1/4 cup raw sliced .....	Pound .....	1.8	3.6
<b>RAISINS, SEEDLESS, Dried</b> ....	2 2/3 tablespoons dry raisins (about 1/4 cup cooked fruit and juice)	Pound .....	1.4	2.7
	1/4 cup cooked .....	Pound .....	1.4	2.8
<b>RHUBARB, Fresh</b> ..... (without leaves)	1/4 cup cooked, sugar added .	Pound .....	3.7	7.3

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
RICE .....	1/4 cup cooked .....	Pound .....	0.8	1.5
ROLLS .....	1 roll .....	Dozen .....	2.1	4.2
RUTABAGAS, Fresh .....	1/4 cup cooked cubed .....	Pound .....	3.0	6.0
	1/4 cup cooked mashed .....	Pound .....	4.3	8.6
SALAD DRESSING .....	1 tablespoon .....	Quart .....	0.4	0.8
SALMON, Canned .....	1 1/2 ounces salmon .....	No. 1 tall can .....	2.9	5.8
	1 ounce salmon .....	No. 1 tall can .....	2.0	3.9
		(16 oz)		
SALTINES .....	4 crackers .....	Pound .....	1.0	1.8
	(2 inches square)			
SAUERKRAUT, Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(99 oz)		
		No. 2 1/2 can .....	1.8	3.6
		(27 oz)		
SAUSAGE, see PORK		Pound .....	3.2	6.3

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>SIRUPS</b> ..... (cane, maple, molasses)	1 cup .....	Gallon ..... (about 176 oz)	1.6	3.2
	2 tablespoons .....	Quart ..... (about 44 oz)	6.3	12.5
	2 crackers ..... (2½ inches square)	Gallon ..... (about 176 oz)	0.2	0.4
<b>SODA CRACKERS</b> .....		Pound .....	0.7	1.3
<b>SOUPS, Canned</b> .....	1 cup reconstituted .....	Pound .....	6.8	13.6
Condensed .....	(about ¼ cup vegetable)			
(clam, tomato, vegetable)	½ cup reconstituted .....	Pound .....	3.4	6.8
	(about ⅛ cup vegetable)			
<b>SPAGHETTI</b> .....	¼ cup cooked .....	Pound .....	0.7	1.4
<b>SPINACH</b> .....				
Canned .....	¼ cup vegetable .....	No. 10 can ..... (98 oz)	0.9	1.8
		No. 2½ can ..... (27 oz)	2.7	5.3
		Pound .....	5.2	10.3

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
SPINACH—Continued				
Fresh .....	1/4 cup pieces .....	Pound .....	0.9	1.7
(partly trimmed)	1/4 cup for salad .....	Pound .....	1.3	2.5
	1/4 cup cooked .....	Pound .....	2.5	5.0
Frozen				
Chopped .....	1/4 cup cooked .....	Pound .....	3.7	7.4
Whole leaf .....	1/4 cup cooked .....	Pound .....	3.4	6.8
SQUASH				
Fresh				
Acorn .....	1/2 small squash baked in skin. (about 1/4 cup vegetable)	1 squash (8 oz)	12.5	25.0
Butternut .....	1/4 cup cooked .....	Pound .....	6.2	12.3
	1/4 cup cooked cubed .....	Pound .....	3.2	6.5
	1/4 cup cooked mashed .....	Pound .....	4.5	9.0
Hubbard .....	1/4 cup cooked cubed .....	Pound .....	5.6	11.2
	1/4 cup cooked mashed .....	Pound .....	6.0	11.9
Summer .....	1/4 cup cooked mashed .....	Pound .....	4.1	8.2
	1/4 cup cooked sliced .....	Pound .....	3.1	6.2
Zucchini .....	1/4 cup cooked sliced .....	Pound .....	3.5	7.0
Frozen, Yellow .....	1/4 cup cooked .....	Pound .....	2.9	5.7
(sliced)				



Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>STRAWBERRIES</b>				
Fresh .....	1/4 cup raw whole .....	Quart ..... (25 oz)	1.5	3.0
		Pound .....	2.4	4.7
Frozen .....	1/4 cup fruit and juice, thawed.	Pound .....	3.6	7.1
<b>SUCCOTASH</b>				
Canned .....	1/4 cup vegetable .....	No. 10 can ..... (105 oz)	0.7	1.4
		Pound .....	4.1	8.2
Frozen .....	1/4 cup cooked .....	Pound .....	2.3	4.5
<b>SWEETPOTATOES</b>				
Canned .....	1/4 cup vegetable .....	No. 3 Vac can ..... (17 oz)	2.9	5.7
(vacuum pack)		Pound .....	3.0	6.0
Dehydrated .....	1/4 cup reconstituted .....	No. 10 can ..... (62 oz)	0.4	0.8
(low moisture flakes)		Pound .....	1.4	2.7
Fresh .....	1/4 cup cooked sliced .....	Pound .....	3.4	6.8

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
TANGERINES, Fresh .....	1/2 medium tangerine .....	Pound .....	3.2	6.3
	1/4 cup sections .....	Pound .....	3.7	7.3
TOMATOES				
Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(102 oz)		
		No. 2 1/2 can .....	1.9	3.8
		(28 oz)		
		Pound .....	3.4	6.7
Fresh .....	1/2 small tomato .....	Pound .....	3.2	6.3
	(about 1/4 cup)			
	1/4 cup raw diced or sliced ..	Pound .....	2.8	5.6
TOMATO PASTE, Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(111 oz)		
		Pound .....	3.7	7.3
TOMATO PUREE, Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(105 oz)		
		Pound .....	3.5	6.9
TOMATO SAUCE, Canned .....	1/4 cup vegetable .....	No. 10 can .....	0.6	1.1
		(106 oz)		
		No. 2 1/2 can .....	1.9	3.8
		(29 oz)		
		Pound .....	3.4	6.7

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
TUNA, Canned .....	1½ ounces tuna .....	6- to 7-oz can .....	6.3	12.5
	1 ounce tuna .....	6- to 7-oz can .....	4.2	8.4
<b>TURKEY</b>				
Canned .....	¼ cup serving .....	Pound .....	3.6	7.1
(boned)	(about 1¾ oz turkey meat)			
Fresh or Frozen				
Breasts .....	1½ ounces cooked turkey	Pound .....	4.7	9.3
(whole or halves)	meat excluding skin.			
	1 ounce cooked turkey meat	Pound .....	3.1	6.2
	excluding skin.			
Drumsticks .....	1½ ounces cooked turkey	Pound .....	5.8	11.5
	meat excluding skin.			
	1 ounce cooked turkey meat	Pound .....	3.9	7.7
	excluding skin.			
Thighs .....	1½ ounces cooked turkey	Pound .....	4.9	9.7
	meat excluding skin.			
	1 ounce cooked turkey meat	Pound .....	3.3	6.5
	excluding skin.			
Whole .....	1½ ounces cooked turkey	Pound .....	5.8	11.6
(ready-to-cook, with	meat excluding meat			
neck and giblets)	from neck and giblets.			
	1 ounce cooked turkey meat	Pound .....	3.9	7.8
	excluding meat from			
	neck and giblets.			

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
<b>TURKEY—Continued</b>				
<b>Frozen</b>				
Boneless roasts or rolls				
Raw, ready-to-cook . . . . .	1½ ounces cooked turkey meat.	Pound . . . . .	3.4	6.7
(no more than 15 percent skin or fat)	1 ounce cooked turkey meat .	Pound . . . . .	2.3	4.5
Cooked . . . . .	1½ ounces cooked turkey meat.	Pound . . . . .	2.6	5.1
(no more than ¼ inch skin and fat at any point)	1 ounce cooked turkey meat .	Pound . . . . .	1.7	3.4
<b>TURNIP GREENS, Canned . . . . .</b>	¼ cup vegetable . . . . .	No. 10 can . . . . . (98 oz)	0.9	1.9
		No. 2½ can . . . . . (27 oz)	2.7	5.4
		Pound . . . . .	5.3	10.5
<b>TURNIPS, Fresh . . . . .</b>	¼ cup cooked cubed . . . . .	Pound . . . . .	2.8	5.6
(without tops)	¼ cup cooked mashed . . . . .	Pound . . . . .	4.2	8.3
<b>VEAL, Fresh or Frozen</b>				
Ground . . . . .	1½ ounces cooked meat . . . .	Pound . . . . .	3.3	6.5
	1 ounce cooked meat . . . . .	Pound . . . . .	2.2	4.3
<b>VEGETABLES, MIXED</b>				
Canned . . . . .	¼ cup cooked vegetable . . . .	No. 10 can . . . . . (104 oz)	0.5	1.0
		Pound . . . . .	3.4	6.7
Frozen . . . . .	¼ cup cooked vegetable . . . .	Pound . . . . .	2.6	5.2

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
VIENNA SAUSAGE, Canned ...	1 1/2 ounces meat .....	Pound ..... (drained weight)	2.4	4.7
	1 ounce meat .....	Pound ..... (drained weight)	1.6	3.2
WALNUTS, ENGLISH .....	1 cup chopped nutmeats ....	Pound .....	6.7	13.3
(shelled)				
WATERCRESS, Fresh .....	1/4 cup raw sprigs or pieces ..	Pound .....	0.6	1.1
WATERMELON, Fresh .....	1/4 cup cubed .....	Pound .....	4.7	9.4
WHEAT, ROLLED .....	1/4 cup cooked .....	Pound .....	0.6	1.2
(special purchase)				
WIENERS, see FRANKFURTERS				
YEAST				
Active dry .....	1/2 cup .....	Pound .....	4.2	8.4
	1 tablespoon .....	1 package .....	25.0	50.0
		(0.28 oz)		
Compressed .....	1/2 cup .....	Pound .....	6.3	12.5
	4 teaspoons, packed .....	1 cake .....	25.0	50.0
		(0.60 oz)		







